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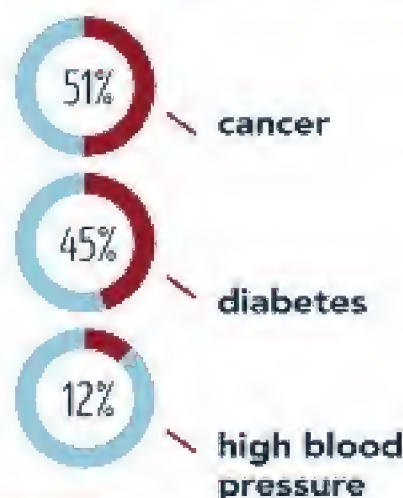


CANADIANS AND HIGH BLOOD PRESSURE

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Canadians have a much higher awareness of cancer and diabetes than of high blood pressure.



FACT

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6,000,000 CANADIAN adults have high blood pressure.



59% of Canadians are concerned they will develop high blood pressure.

FACT



90% of Canadians will develop high blood pressure during their lifetime.



Most Canadians think that high blood pressure is more common in men than in women.

FACT

By age 60, high blood pressure is more common among women—with more than half of all women being diagnosed with high blood pressure.

Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.



FACT

The risk of high blood pressure increases with age. More than 50% of people over 60 have high blood pressure.

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FACT

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TURNED AWAY

Carnival not welcome near the Canadian Museum
for Human Rights. Find out why, **metroNEWS**

Interim NDP leader tapped

MANITOBA

Marcelino was a cabinet minister loyal to Selinger

A cabinet minister with a relatively low profile, who was a loyalist to outgoing Premier Greg Selinger, is in line to become the interim leader of the Manitoba New Democratic Party.

Flor Marcelino, the minister of multiculturalism and literacy, has been chosen by both the NDP caucus and the party executive to lead the New Democrats until a permanent leader can be chosen.

The move still requires the approval of the NDP provincial council at a meeting this coming Saturday, and would take effect immediately.

Marcelino would be the Manitoba NDP's first woman leader and was chosen in part because she is a team player, according to NDP provincial secretary Keith Bellamy.

"She was chosen by caucus. She's someone that everyone around the table feels they can work with," Bellamy said Saturday.

Selinger announced on election night, April 19, he would resign as party leader. The NDP were ousted from power after 17 years and replaced by a Progressive Conservative majority that is the largest in Manitoba in a century.

The election followed a caucus coup that Selinger barely survived last year. Five of his most senior cabinet ministers and other party members challenged his leadership. Marcelino was among those who stood by Selinger and helped him retain his job. THE CANADIAN PRESS

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POLICE

Search for Catherine Curtis continues

Police are now involved in the search for 60-year-old Catherine Curtis, a Winnipeg woman who went missing on April 25 after leaving the Grace Hospital. The Winnipeg Police Service sent their dive unit to help with the search in west Winnipeg waterways.

Curtis is described as Caucasian, five feet, four inches with a thin build, weighing 85 pounds with long white hair worn in a ponytail, and blue eyes. Police said she might be wearing a navy blue jacket, dark plaid pants and white sneakers.

METRO

Fires keep emergency personnel busy

"Arson season" continues for Winnipeg police, as emergency personnel responded to a garage fire on Apr. 27 at 3:20 AM.

Police said the Oakland Avenue fire, located in the 500 block, started after a sofa was set on fire near the back of the garage. The fire then spread causing damage estimated at \$400,000.

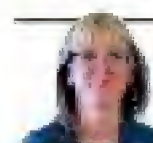
Emergency personnel also responded to a fire in the 1400 block of Pacific Avenue West at roughly 6 a.m. This fire, too, appears to have started in the garage and then spread to the house and neighbouring homes, police said. Two residents were taken to hospital.

METRO

City shelters brace for influx of kittens

ABANDONED ANIMALS

Rescue centre expecting over 200 tiny felines



Meg Crane
For Metro | Winnipeg

As the weather warms, Winnipeg Lost Cat Alert (WLCA) is warning Winnipeggers to look out for kittens on the street.

"Every year, when the weather gets warmer outside, uncaring and misguided people start dumping kittens they figure are old enough to be out on their own," the group posted on its Facebook page.

While shelters and rescues are prepared for the influx of tiny felines, D'Arcy's Animal Rescue Centre (D'Arcy's A.R.C.) founder D'Arcy Johnston said he thinks most of those kittens are coming from feral cats.

"We will have, in spring, well over 200 kittens," said Johnston.

He said kittens who don't get to a shelter often starve, are attacked by other animals, get hit by cars, and are shot or otherwise harmed by people.

"In a litter of five — that's the average litter that is born — out there, maybe only one will survive," said Johnston.

He opened D'Arcy's A.R.C. 16 years ago, and the number



One of the 200 cats D'Arcy Johnston expects to find a home for this spring. MEG CRANE/FOR METRO

+ WHAT TO DO IF YOU FIND A LITTER

If you find kittens, D'Arcy's A.R.C. founder D'Arcy Johnston says not to move them right away. Instead:

- Put a plate of food out for the mother.
- Watch for 24 hours to see

if the mother comes back.

- If she does, contact a shelter to trap the mother and kittens.
- If she does not return, bring the kittens to a shelter.

of kittens coming in during busy seasons hasn't decreased.

"There has to be a manda-

tory spay and neuter program," said Johnston.

Johnston said most home-

less cats are comfortable enough with people, so he guesses they did have a home at one point but were tossed out "like garbage."

If all cats were fixed before being put out, Winnipeg's cat overpopulation problem wouldn't be so bad, he added.

For now, Johnston said D'Arcy's A.R.C. will continue trapping feral cats to spay and neuter them, before letting the untamed animals back out.

"It's sad that after all this time we've been doing it, we're still doing it," said Johnston.

CANADA SUMMER GAMES

Company donates \$500,000



Braeden Jones
Metro | Winnipeg

A Winnipeg company has made a substantial deposit into Winnipeg's piggy bank for the Canada Summer Games.

James Richardson & Sons announced it is offering \$500,000 to the host committee's \$8.7 million goal, making the group a premier sponsor.

"The stars are all aligning," said president and CEO Hartley Richardson of the 2017 event — which by "happy coincidence" falls on Canada's 150th year since confederation and represents the 50th anniversary of the games. Richardson noted his company is achieving its own milestone of 160 years in business.

Jeff Hnatiuk, president of the games' host society in Winnipeg, said the Richardson partnership and other sponsors will "help facilitate the delivery of an exceptional Canada Games experience" and celebrate next year's many milestones.

The games run from July 28 to Aug. 13, 2017.



Hartley Richardson.
BRAEDEN JONES/METRO

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PROVINCIAL POLITICS

Ashton not ruling out NDP leadership run

Despite losing his seat after 35 years in the Manitoba legislature, Steve Ashton says he is not done with politics and he isn't ruling out a third run for the provincial NDP leadership.

"If someone tries to sell you a Steve Ashton retirement ticket, don't buy it. I'm not done," Ashton, 60, said as he was preparing to vacate his ministerial office.

"I'm going to be part of the (NDP) rebuilding. I'm going to be part of the solution."

Ashton said he is still absorbing the "freight train" that hit the NDP on election night April 19. The party was ousted from government after 17 years and reduced from 35 seats at the time of the election call to 14. Ashton lost his Thompson seat, which he had held since 1981, to Progressive Conservative Kelly Bindle.

He said he is not actively thinking about entering a leadership race expected next spring to replace outgoing

premier Greg Selinger, but he left the door open.

"I'm not going to do the 'never say never.'"

Ashton was the longest-serving member of the legislature. He served in a variety of cabinet portfolios, including infrastructure and transportation, water stewardship and intergovernmental affairs.

He was never handed one of the big jobs — health, justice or finance — and was often viewed as a bit of a party outsider.

When he first ran for the NDP leadership in 2009, no other cabinet minister backed him. He lost that race to Selinger.

When Selinger faced an internal revolt last year, Ashton ran again and finished third in a three-way race that the premier survived. Selinger announced his plan to resign as leader on election night.

Ashton said he has firm ideas on how the party can rebuild and is adamant about a desire to change a "seriously flawed" leadership selection.

He wants the party to drop an approach in which unions and constituency associations choose delegates who then vote at a convention. Union leaders for the most part backed Selinger last year. Ashton would like to see every party member have a vote, with some ballots set aside for union officials.

He also wants the party to adopt a leadership review used by the federal NDP and other parties. It allows party members to vote on whether to open up the leader's job to other contestants.

THE CANADIAN PRESS

If someone tries to sell you a Steve Ashton retirement ticket, don't buy it. I'm not done.

Steve Ashton



Steve Ashton says he's not finished with politics.

STEVE LAMBERT/THE CANADIAN PRESS



Occupy INAC protesters shut down Hargrave for a street party Sunday. MEG CRANE/FOR METRO

Indigenous Occupy protest hits streets

OCCUPY INAC

Peaceful rally moves from federal office to downtown



Meg Crane
For Metro | Winnipeg

Indigenous protesters peacefully took their concerns to Winnipeg streets Sunday, two weeks after first taking over a government office in downtown Winnipeg.

The event, a barbecue with music and dance, spilled onto Hargrave Avenue and was held by protesters who took over the Indigenous and Northern Affairs

Canada (INAC) office at 365 Hargrave Ave. on April 14.

"It was the young people that decided this," said Giga Akiikwe, one of the protesters present at the street party. "They like to keep the PR with the people and let them know that we're still here and show that we're still a caring people."

In a movement dubbed Occupy INAC, people took over INAC offices in Toronto, Vancouver and Winnipeg after 11 youth in Attawapiskat, Ont. attempted suicide on April 9.

"It's a sad thing because our people are turning to suicide. Doesn't that say something about this system? It's racist. It's dictating. It's disgusting. Our people are tired of it," said Akiikwe.

Winnipeg protesters are the

+ YOUTH SUPPORT

There's been a call for encouraging words and support for youth in Attawapiskat. Letters, postcards and small packages can be sent to:

Youth in Attawapiskat
P.O. Box 248
Attawapiskat, ON
POL 1A0

last group still occupying the office, with other protests having ended peacefully in April.

"We're here because our people are sick and tired of the oppressions done by this system," said Akiikwe. "We're also sick

of the government structure."

A document created by Winnipeg protesters purports that the Canadian government cannot govern indigenous people.

"For this or any other court to continue assuming jurisdiction over Indians, constitutes the crime of Treason," reads the document.

Akiikwe said they're peacefully asserting their jurisdiction under tribal law and don't plan on leaving anytime soon.

"We're going to do what we have to do until things are addressed," said Akiikwe.

Protesters are restricting access to the INAC office, but they have a fire burning in a parking lot across the street where the public can offer support and drop off supplies.

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No midway near museum: City

PERMITS

Wonder Shows counters that carnival could be win-win



Braeden Jones
Metro | Winnipeg

The City of Winnipeg says a local carnival and its midway can't set up near the Canadian Museum of Human Rights because it wouldn't be "appropriate."

Owner Ken Kiernicki of Wonder Shows says despite the fact the midway ran on or near the site known as Parcel Four for seven years, they were not allowed to this year or last.

"As soon as (the museum) was finished, it was like, 'We no longer want you there,'" he said.

In emails obtained by Metro, the city's planning department

told Wonder Shows Parcel Four was "taken off the table due to the presence of the Human Rights Museum and our (department's) feeling that a carnival did not fit the aesthetic/atmosphere of what the museum represents."

Kiernicki said as a local company operating in Winnipeg since 1963 being turned away from the space didn't sit right.

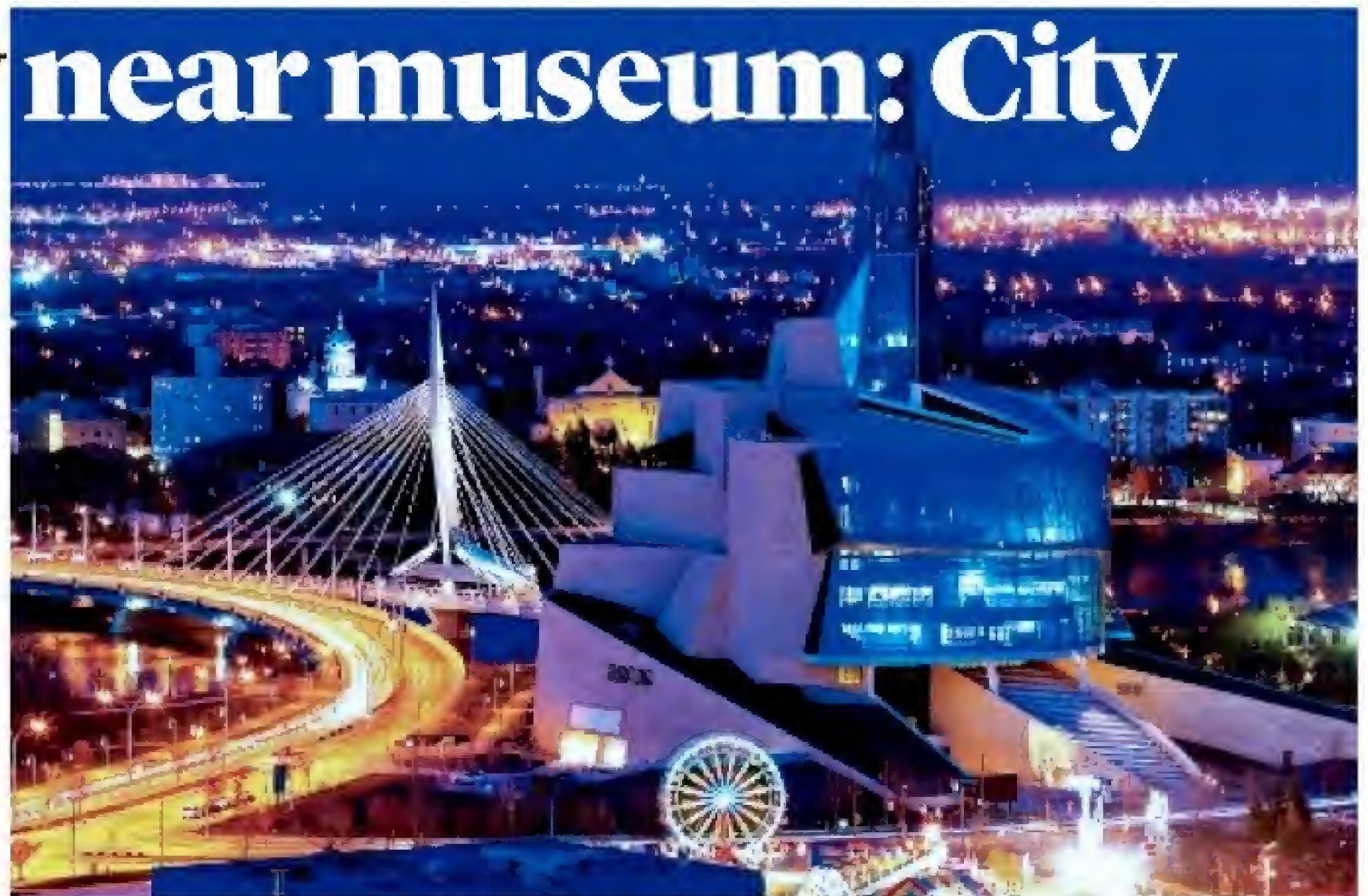
"I think the people of Winnipeg enjoyed it," he said of past events at that location, noting a carnival could drive traffic

to the museum, the Forks, and downtown.

"It would be good for business," he said. "Why take away fun things in the city for people to enjoy?"

Wonder Shows set up an event in 2009 to help the Forks Market celebrate its 50th anniversary.

The city referred Kiernicki to a Forks spokesperson to confirm their dissent, who then referred him back to the city in a one-line email response, because "they issue permits



The Wonder Shows carnival set up in 2014 while the CMHR was being built. WONDER SHOWS/HANDOUT

for the space."

When Metro requested an interview, a city spokesperson listed the same points and said they would not be able to ac-

commodate the interview request.

A planning initiative involving Parcel Four has been undertaken by the city and the

Forks, but no concrete plans tie up the land specifically for this spring or last, when Wonder Shows was first turned away. "We're temporary, we

move," Kiernicki said.

"I mean sure, one day there will be something there and we could accept that, but right now nothing has been done."

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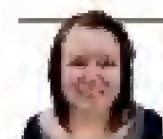


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VIEWPOINT

Don't discriminate against a lot of fun



Elisha Dacey
Metro | Winnipeg

It's hard to imagine being denied the right to do business in this town simply because your business is too much fun.

Yet, that's exactly what the City of Winnipeg is doing by denying a carnival from setting up shop across from the Canadian Museum for Human Rights.

Wonder Shows tells Metro Winnipeg they are now being denied a permit to set up their travelling carnival in the lands known as Parcel Four, a parking lot across from the CMHR.

Emails sent by the city cite a number of concerns, mostly related to parking (heaven forbid people have to walk further to park or take a bus. It seems forever this city kowtows to cars.)

But the No. 1 reason? The "Appropriateness of a carnival adjacent to Museum of Human Rights," according to the city's planning department.

This is quite possibly the most ridiculous reason ever trotted out by the city to deny a permit.

The CMHR is an inspiring educational monument. Some of the exhibits inside are sombre ones. Some are not. So, does that

mean everything adjacent to it must reflect only the suffering?

Tell that to the Winnipeg Gold-eyes at Shaw Park, kitty-corner to the CMHR, when Reggie Abercrombie smacks one over the wall and fans scream with joy.

Or tell Interstellar Rodeo, which sets up in the field next to the CMHR, that their weekend of music, wine and food is inappropriate.

Perhaps we should cancel KidsFest — children laughing and playing is much too happy right next to the CMHR, people. Oh, and someone get those skateboarders out of here! (Unless they get hurt, then it's OK.)

Sound ridiculous? Of course it is. The museum is meant to be a beacon of hope, not a parade of pain. Carnivals may not be high-brow cultural entertainment, but they're fun. And having fun near the CMHR is perfectly fine.

Denying Wonder Shows a permit because "a carnival is not appropriate" is wrongheaded.

And ironic, considering Wonder Shows is being discriminated against right outside the doors of our national museum dedicated to ending such nonsense.

Elisha Dacey is Managing Editor of Metro Winnipeg. Find her on Twitter @elishadacey

CONFLICT

Why the city nixed carnival request

Ken Kiernicki and his partner Anita got a five-point response from the city when told they would not be able to set up shop in 2015.

John Kiernan, the planning and property development department manager, said the foremost reason for the decision was "the appropriateness of a carnival/show immediately outside the (museum), which may provide an adverse counterpoint to the CMHR message."

He said school bus and customer use related the CMHR is the city's "first priority," and that monthly and interim parking commitments — as well as parking for MTS Centre and Goldeyes events — prevented the midway from setting up.

Kiernicki acknowledged that when they used Parcel Four last, "it was probably occupied a little bit more (during) construction."

Kiernan also wrote "the immediate neighbour the Forks North Portage is unwilling to accommodate the same activity and does not support the use of our site for your purpose."

BRAEDEN JONES/METRO

Edible pot may pose health risks to kids

POLITICS

Liberals plan to introduce new marijuana legislation

Bite-sized marijuana goodies such as candies and cookies pose "significant risks" to children who might accidentally swallow them, warns a draft federal discussion paper on pot legalization.

It flags the public safety concern as one of the many obstacles Canada must negotiate on the path to regulating the drug, drawing on tragic lessons from Colorado.

Justin Trudeau's Liberal government says legalizing marijuana will keep pot out of the hands of children and deny criminals the profits of shady, back-alley dealing.

However, the December draft paper, obtained by The Canadian Press through the Access

to Information Act, notes marijuana is available in many different forms — including some especially attractive to youngsters —



ISTOCK

in a number of the jurisdictions that have legalized regimes.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code, and create laws to more severely punish those who provide pot to minors, drive while under its influence or sell it outside the new framework.

The government intends to soon set up a task force with input from experts in public health, substance abuse and policing to design a new system

of strict marijuana sales and distribution.

In the United States, Alaska, Colorado, Oregon, Washington and the District of Columbia permit recreational marijuana use by those 21 years or older.

Some 45 per cent of Colorado's marijuana sales involve edible forms such as food, drink or pills, according to the U.S. Centers for Disease Control and Prevention.

Two years ago a 19-year-old in Colorado ate an entire cookie containing 65 mg of THC — the

principal psychoactive element in cannabis — even though the shop clerk advised him to divide the treat into six servings.

The boy didn't realize it takes time for a high to kick in when consuming pot in edible form, and he kept gobbling the cookie. That evening he jumped to his death from a fourth-floor balcony.

Overall, Colorado saw an increase in the number of marijuana-related poisonings, particularly accidental ingestion by children, in the first year of its new regime, the paper notes.

Justice Minister Jody Wilson-Raybould, one of the federal ministers responsible for guiding marijuana legalization in Canada, suggested it was too early to say what kinds of products might be sold.

The task force will make recommendations and the resulting regulatory framework will be "responsive to those issues," she said.

THE CANADIAN PRESS

CRIME

Alberta firefighter faces arson charges

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder, says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15.

He became a full member when he turned 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday.

Schroeder confirmed that Schalm was among the firefighters who fought last week's fire on the bridge.

"The entire department is shocked and in disbelief right now regarding the situation," Schroeder said on Sunday.

Police say no one was hurt in any of the suspicious fires, which began April 19.

THE CANADIAN PRESS

DATA

Return of the census

Call it the start of the government's biggest big data push.

Monday marks the start of mailings from Statistics Canada of census surveys, including the return of the mandatory, long-form questionnaire that was replaced with a voluntary survey five years ago.

Statistics Canada says more

than 15 million households will receive census letters over eight days, along with reminders to either fill the form out by hand or online.

Every home will receive a short-form questionnaire. One in every four homes will receive the long-form census.

THE CANADIAN PRESS



Mike Duffy prepares to return to the Senate this week after a three-year hiatus. THE CANADIAN PRESS

POLITICS

Senate, P.E.I. brace for Duffy's return

Canadians could be forgiven for assuming P.E.I. residents are all feeling a sense of relief as Sen. Mike Duffy prepares to return to the Senate this week after a three-year hiatus punctuated by intrigue, scandal and, finally, vindication in a court of law.

But that's not the way things work on the Island, where there are lingering doubts about Duffy's connection to Canada's smallest province and his expense claims.

On the sun-drenched streets of Charlottetown, where the icy wind off the Northumberland

Strait keeps the city in a deep freeze, residents say they understand why the former TV personality was cleared last month on all 31 charges of fraud, breach of trust and bribery.

But that doesn't mean they're ready to accept what happened and move on.

"There really didn't seem to be any laws broken, and you can't be found guilty of something if there's no rules," said Charlottetown resident Scott MacBurnie, commenting on the Senate's vague spending rules and residency requirements that

were at the heart of Duffy's trial.

"But it's embarrassing to think that he's a senator from P.E.I. and that he's still a senator. I'm embarrassed for the Island ... You'd think he would be decent enough to say I'm not really a senator from P.E.I. because I don't live there, and he would step down rather than going back."

Duffy has been living for years in an Ottawa suburb, but maintains a summer home in P.E.I. that he claimed as his primary residence when he was appointed to the upper chamber by

former Conservative prime minister Stephen Harper in 2008.

Whether or not that home should qualify him for a Senate seat was an issue from the very day he was named, throughout his trial, and still, apparently, in P.E.I. itself.

"Mike Duffy wasn't qualified to be in the Senate in the first place, so why is he going back?" asked Charlottetown resident Alan Hoy, a man with a close-cropped grey beard, wearing sunglasses and a Montreal Canadiens toque. "He wasn't a resident." THE CANADIAN PRESS

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Militants free 10 hostages

PHILIPPINES

Abu Sayyaf group releases kidnapped crewmen

Abu Sayyaf militants have freed 10 Indonesian crewmen who were seized at sea in March in the first of three attacks on tugboats that have sparked a regional maritime security alarm, officials said Sunday.

The Indonesians appeared to be in good health when they were dropped off Sunday afternoon in front of the house of Sulu province's governor in the town of Jolo, said the town's police chief, Junpikar Sitin. The 10 men were then brought to a Philippine military camp and arrangements were underway to turn them over to Indonesian officials.

A photo seen by The Associated Press shows the sunburned

men in fresh shirts eating rice and chicken with Sulu's governor on a veranda beside a Japanese-style garden in his house. In another photo, some of the men are puffing cigarettes and enjoying coffee while resting on chairs.

Jolo's mayor, Hussin Amin, welcomed the release of the Indonesians, but said he did not know whether a ransom had been paid.

ated to secure the release of the hostages.

At a televised news conference at a presidential palace in the West Java province city of Bogor, Jokowi said the government was continuing to work for the release of four other Indonesians who were taken hostage by suspected Abu Sayyaf militants in a separate incident last month.

“If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf. Hussin Amin

“If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf,” he said. “This money will be used to buy more firearms and will be utilized as mobilization funds by these criminals.”

Indonesian President Joko “Jokowi” Widodo thanked the Philippines and the “many parties” in Indonesia who co-oper-

A Philippine army officer who has been helping to deal with kidnappings by the Abu Sayyaf said a rebel commander from the Moro National Liberation Front, which has signed a peace deal with the Philippine government, helped negotiate with the Abu Sayyaf for the release of the 10 Indonesians.

THE ASSOCIATED PRESS



Princess Charlotte turns one year old on Monday. AFP/GETTY IMAGES

ROYAL FAMILY

Happy birthday to a princess

New photographs of Britain's Princess Charlotte playing at her family's country home were released by the royal family on Sunday to mark the little girl's first birthday, which falls on May 2.

The photographs were

taken by her mother, Catherine, Duchess of Cambridge, in April 2016 at Anmer Hall, the secluded house in Norfolk, eastern England, where the family spends much of its time.

In one of the photos, the princess is happily playing



outside in the garden, while in another, she is staring off into the distance. In all the photos, the princess looks adorable with her hair parted to the side, donning a blue or pink bow.

AFP/GETTY IMAGES & METRO



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• Apprentice Electrician

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VIOLENCE

Ceasefire returns calm to much of Syria

Syria's military extended a unilateral ceasefire around the capital for another 24 hours on Sunday, as relative calm set in across much of the country after days of heavy fighting concentrated in the northern city of Aleppo.

Aleppo, the country's largest city and a key battleground in the civil war, was not covered by the ceasefire but saw less fighting on Sunday. More than 250 people have died in shelling and airstrikes in the northern city over the last nine days, according to the Britain-based Syrian

Observatory for Human Rights.

The government declared its own ceasefire around Damascus and the coastal Latakia region Friday following two weeks of escalating unrest. But more than three dozen rebel factions said Saturday they would not respect the truce unless the government agreed to extend it over the whole country.

Lt. Gen. Sergei Kuralenko told Russian news agencies at a Russian Air Force base in Syria that Moscow's forces were negotiating a ceasefire for the Aleppo province. THE ASSOCIATED PRESS



A Syrian family runs for cover amid the rubble of buildings after a reported air strike in Aleppo on Friday. AFP/GETTY IMAGES

IN BRIEF

Bombing hits Turkish police

A car bomb struck the entrance of a Turkish police station Sunday in the southern city of Gaziantep, killing two police officers and wounding 22 other people in a day marred by violence and May Day protests. THE ASSOCIATED PRESS

Death toll rises in Kenyan building collapse

Kenyan rescuers continued searching for survivors Sunday of a residential building in a low income area that collapsed Friday, as officials said the death toll has risen to 20 and 73 people remain missing. THE ASSOCIATED PRESS

Protests disperse after pair if Daesh attacks

Anti-government protesters disbanded at least temporarily Sunday from the heavily fortified Green Zone they had stormed a day earlier after Daesh carried out its second major attack in Iraq in as many days — a pair of car bombs that killed more than 30 people. THE ASSOCIATED PRESS



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Pembina Only: CEDARTONE ACQ Treated Brown	285 Ea	344 Ea	1160 Ea	1312 Ea	1469 Ea
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All Stores: GREEN 2" x 6" Radius Edge	739 Ea	1009 Ea	1209 Ea	1419 Ea	1619 Ea
All Stores: CEDAR 5/4" x 5" Select	720 Ea	900 Ea	1080 Ea	1260 Ea	1440 Ea
All Stores: CEDAR 2" x 6" Top Grade	1398 Ea	N/A	2245 Ea	N/A	3360 Ea

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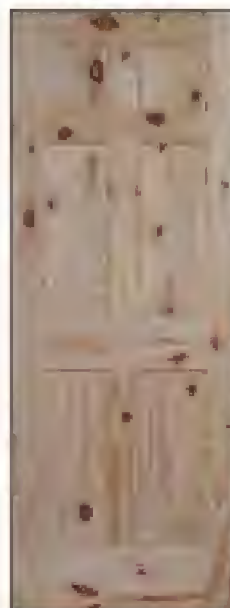
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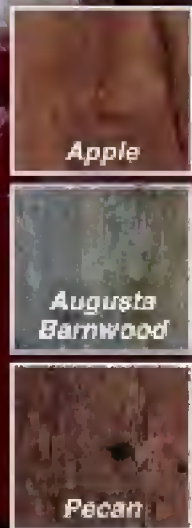
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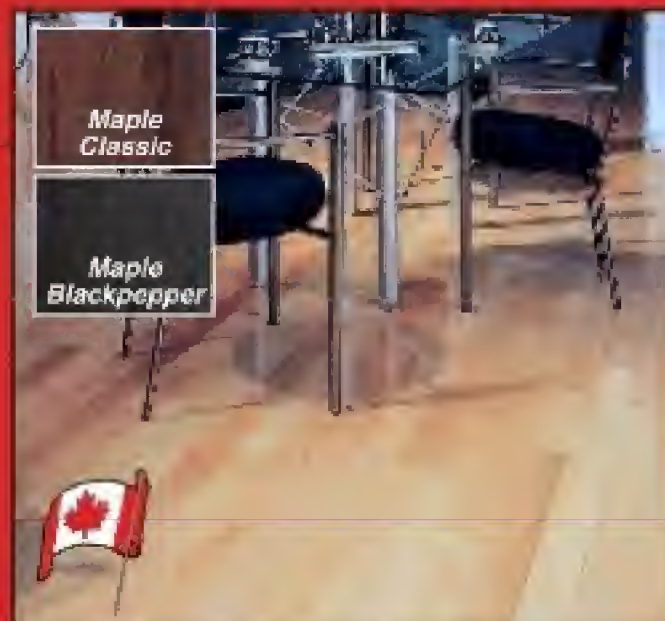
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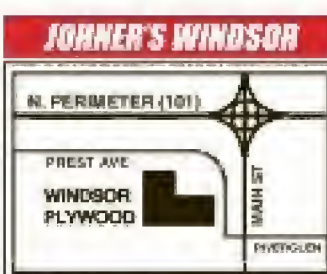
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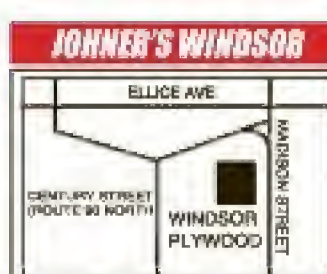
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Chief Manufacturing Officer Adil Aftab Iqbal, front, and Chief Operating Officer Ali Zahid from VanHawks have created the Valour, the first smart connected bike which has raised over \$500,000 in Kickstarter funding. TORSTAR NEWS SERVICE

Crowdfunding success not easy

INNOVATION

Campaigns on Kickstarter have 44 per cent success rate

Despite a handful of high-profile successes, industry data show the majority of Crowdfunding campaigns fail, with most commercial ventures hosted on the web platforms never shipping a product to market.

That's not to dismiss the social and economic value of social funding, said Ali Zahid, a 22-year-old entrepreneur who is co-founder of Toronto-based hardware and technology company VanHawks.

The company sells the Valour — connected, carbon fibre bicycles with blind spot sensors and GPS navigation. The customizable and unique Bluetooth-enabled bikes start at \$1,549 (U.S.).

"I'm grateful," said Zahid, explaining that besides resources to help bootstrap the business, Crowdfunding offered a proof of

concept for potential stakeholders and unparalleled access to global markets.

It has also been an obvious boon to non-profits and pursuits like journalism, music and films, with Brooklyn-based Kickstarter calling it a core mission to bring otherwise unfunded creative projects to life.

Still, roughly 50 per cent of crowdsourcing campaigns in all categories fail to raise targeted funds. In fact, campaigns on the biggest site, Kickstarter, have about a 44 per cent success rate, according to research firm Massolution.

Funding goals are missed for such reasons as unclear aims and a lack of attainable objectives. Even if a campaign meets its financial target, the move from prototype to mass production can be a minefield of delays and unforeseen costs, especially for inexperienced entrepreneurs.

Despite notable

commercial Kickstarter success stories such as the Pebble smart-watch and the Oculus Rift virtual reality headset, the mountain is steep for startups relying on crowdsourced funding to survive and grow.

With an average of 24 new projects launched each day, Canada is among the leading countries in the world when it comes to setting up a Crowdfunding campaign.

In 2015, it ranked third in the world for Crowdfunding — behind only the U.S. and the U.K. — with 1,754 campaigns. That predominance is due in part to the fact that Canada allows for rewards-based, non-equity

Crowdfunding with minimal regulation and has been an early adopter in the field.

Amid the low success rates, however, the number of Crowdfunding projects in Canada and globally declined in 2015 compared to 2014.

TORSTAR NEWS SERVICE

24

The average number of Kickstarter projects launched each day in Canada.

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THE QUESTION

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Dear Ellen,

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Anonymous

Dear Anonymous,

Strangely, this is not the first time I've been asked this exact question — which I mention only to assure both mothers-in-law and their would-be evaders on Facebook that they're not alone; and also, in case any suspicious mothers-in-law are reading this column, to make it more difficult for them to pinpoint which wretched son- or daughter-in-law doesn't want to friend them.

In terms of etiquette, it's perfectly acceptable to ignore or decline friend requests from strangers, unknown friends of friends, workplace acquaintances or neighbourhood stalkers. Nor should you have the slightest qualm about instantly deleting a friend request from a mother-in-law from whom your spouse is estranged.

But if she's in your life, and you want to be on good terms with her, and she's savvy enough to see through your bald-faced lies about not being on Facebook, or not receiving her requests, you have little choice but to accept.

I duly acknowledge the countless ways in which this could ruin Facebook for you: endless photos of food, animal

hijinks, inspirational sayings, painfully outdated gifts or racist jokes, etc. A steady torrent of this kind of sludge can fatally clog up any timeline, but if it gets too bad, you can always use the little arrow at the top right corner of her latest post to "Unfollow" or "Hide all" from her.

If she then phones you directly to demand why you didn't like her photo captioned "Family garage at sunset," you may have to risk hurting her feelings with the truth: that you are secretly employed by a covert government agency fighting industrial espionage, and you can't risk exposing vulnerable family members on social media.

But, tell me, Anonymous, am I right in presuming your reluctance has as much to do with what's in your own timeline as with what's in your mother-in-law's? Because there are ways to hide those things. Unfortunately, I don't know them, partly because I'm ever-



© Ann Castille

so-slightly older than 30, but mostly because the algorithm hasn't been invented yet for "Let certain people see some things but not the things that might embarrass them or me."

All I can recommend is that you book a day off work, make a big pot of coffee, or some other soothing beverage, and start rummaging around in Facebook's privacy settings.

You could also divide your friends into separate "Post to" groups, such that certain kinds of friends can see what others aren't allowed to. No, it won't be a short or easy chore, but you can't put a time-and-energy price on what your paranoia and OCD demands. So consider these categories:

- Most everybody except my mother-in-law
- Most everybody except those to whom photos of me in a bathing suit are off-limits
- Family and certain close friends who don't mind seeing photos of

my pet/child/garden/ dinner

- Exes and/or childhood bullies whom I want to trick into thinking that my life is a fabulous merry-go-round of parties, romantic escapades and career triumphs
- Potential employers to whom I want to appear professional, accomplished and sober

I have nothing against mothers-in-law and will happily adopt the role myself if necessary. And I heartily disapprove of dumb, misogynistic, sexist jokes about them. But the fact is, dear Anonymous, this particular breed of relative requires delicate handling, so it's best to just accept there's no easy answer, and no more Facebook freedom in your future.

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

Ready or not, a new model of beauty standards is coming

Probably the most beautiful feed on Instagram is Lorde Inc.'s.

It features a steady stream of bare, untouched faces hued in the spectrum of humanity. Men and women and the gender-flouting. People who are completely non-uniform, save for defiant gazes. And defiantly non-white.

Lorde Inc. is a modelling agency, co-founded by Vancouver-born Toronto transplant Nafisha Kaptownwala, dedicated to people of colour. (It's named after Audre Lorde, the prominent black, lesbian, feminist poet.)

As far as Kaptownwala knows, it's the first of its kind in the world, and for two years it's been casting and promoting racial diversity in fashion, signing models that live outside the industry's strict preference for specifically proportioned white women and men. Some of its models are "too short" (one is five-foot-four), or "too tall," and while are all rarely seen on runways, or in mainstream magazines, some are taking notice.

Lorde Inc. models have worked for Adidas and graced the pages of Rookie, i-D and Dazed magazines. But despite some success in the U.K. (where Lorde Inc. was founded) and New York, Kaptownwala has found the mainstream Canadian market reluctant, at best.

When Kaptownwala first began to set up shop in Toronto late last year, she spoke with agents who told her

"Canada is not ready for you."

"The Canadian fashion climate is BASIC, like basic, super basic," she said.

Naturally, she aims to change that.

She grew up in Vancouver, "in a mostly working-class, lower-middle-class neighbourhood," she told me when we met over the winter. Her best friends were in a crew of El Salvadorian, Haitian, Ethiopian, Filipina and Indian heritage.

"Everybody kind of came from the same experience of being second-generation, their parents being new migrants, and also kind of feeling estranged from this predominant white experience," she said.

But not till she got a job at an American Apparel in Vancouver's West End (her friends called it "White End") did she first feel exposed to racism. It gave her "this very real understanding of identity."

Lorde Inc. is one way she's seeking to re-establish the definition of beauty in our culture. "For me fashion is just an opportunity to create image, and put together ideas and visions that I like," she said.

Whether mainstream fashion magazines, Canadian companies or even luxury fashion houses are interested in those ideas and visions remains to be seen.

"We are providing models that are so different from what the industry is used to seeing," she said. "I don't really know if they're ready for us. I'm going to keep putting us out there."

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The fact is, dear Anonymous, this particular breed of relative requires delicate handling



Driving a bus changed his life

NEW BOOK

Craig Davidson pens memoir of year with special needs students

Craig Davidson was a punctual school bus driver. He swears he was.

Up at 5:30 a.m. sharp to give bus 3077 its daily physical — check the engine and gauges, flick lights, adjust mirrors, thump tires and test the wheel-chair lift.

Then right on time to pick up his special needs students on Route 412 and drop them at their Calgary schools before the bell.

Not like today, when he's so late he almost misses our interview. But if there's anything to be learned from *Precious Cargo*, Davidson's new memoir about his year as a school bus driver, it's that redeeming moments come when you least expect them.

His late arrival coincides with a fellow "knight of the road" parking her yellow school bus right in front of our meeting place after dropping kids for a field trip. She's delighted to talk shop. And Davidson gets the perfect backdrop for pictures.

It's the kind of random, everyday connection the Toronto writer brings to life in *Precious Cargo*, things you can't plan that land like small gifts.

The book explores the special bond that forms between



Craig Davidson's new memoir *Precious Cargo* shows redeeming moments happen when you least expect them.

J.P. MOCZULSKI FOR TORSTAR NEWS SERVICE

one struggling adult and five students with physical and developmental challenges as they drive around together twice a day, five days a week, from September to June.

The journey, it turns out, is not just the one on the road.

Davidson took the job out of desperation at a low point in his life. It was 2008, he was 32, broke and flailing as a fiction writer when he found a flyer in his mailbox.

He was assigned a small special needs bus for kids in middle school and high school.

His charges included a 16-year-old boy in a wheelchair who had cerebral palsy and others with conditions like autism and Fragile X syndrome.

Things slowly changed as he met his responsibilities day after day, listened and became a friend to his young charges.

"I'd been useful," he writes after one typical afternoon on the job. "It had been a while since I'd felt vitally so."

Davidson never planned to write about the experience, though he did alert parents early on that he was a writer.

No one asked to switch buses. Names and identifying characteristics were changed in *Precious Cargo*.

Soon he was so struck by the "elliptical, hilarious, ever-shifting" conversations he overheard that started scribbling them down on gum wrappers and blank pages ripped out of his paperbacks.

He and the kids chatted about the stuff of life. But like him, they also had a passion for superheroes, sci-fi and flights of fancy. They made up the most colossal stories.

"They were a safety blanket of sorts to the kids, and that's what they became to me too," he writes.

"I felt snug and happy within the parameters of their tales." Jotting down those exchanges was "like catching fireflies." Davidson took home the pieces and taped them on his wall.

He wanted to capture the kids' spirit, and all the nuances, good and bad, of their funny, compassionate and sometimes mean-spirited episodes.

They are voices too seldom heard.

People often ask what the students taught him. But Davidson chafes at the question. He just wanted to tell a story.

"Asking those kids to teach me anything is kind of not fair," he says.

"I think that's the danger of writing about children with special needs. You think they've got to be instilling some sort of deep lessons and giving you a better way to live your life."

When he was that age, "I was just allowed to be a kid."

Initially, he considered them teens like any others. Now he thinks not acknowledging differences — whether a wheelchair, being non-verbal, or a another way of processing the world — amounts to romanticizing.

The question is "what does it ask of us to accept those differences? Nothing."

Those students are young adults now. Davidson keeps in touch with one of them. They all got manuscripts but who knows if they'll read the book.

Davidson, 40, now has a three-year-old son and a soaring career. His short story collection *Rust and Bone* was made into a film.

His novel *Cataract City* was shortlisted for the Scotiabank Giller Prize.

But his year on the school bus still looms large. His next book of stories includes one based on an event that happened on Route 412 — one that wasn't included in *Precious Cargo*.

TORSTAR NEWS SERVICE

MONEY ADVICE

Stop focusing on a good credit score, start focusing on debt

Gail Vaz-Oxlade
For Metro Canada



In days of yore when savings was a thing, people measured their financial well being by how much money they had, less how much money they owed: their net worth. Now everyone is hopped up on the credit score.

I don't have the highest possible credit score. Does that surprise you? Depending on whom you ask, scores top out anywhere between 850 and 900.

I'm sitting somewhere in the 700s. Is it because I'm a bad credit risk? Well, if you measure me in terms of "profitability" which the credit score is designed to do, the answer is a resounding yes.

You should understand how a credit score is calculated and the extent to which it is based on you doing the wrong thing with your credit. The very things that give you a high score — that make you a profitable customer — are completely counter to sound money management.

I pay off my balance in full every month, which actually

lowers my credit score. Despite the fact that I zero my card every month, the credit scoring system penalizes me if it randomly checks my credit utilization and I'm up too high.

No one can predict the exact point when the credit scoring system checks a balance, so if I'm close to my limit just before I plan to pay off my balance I'd lose points big-time.

So what is "credit utilization?" Under the credit scoring rules you should never have a balance that's more than 30-50 per cent of your credit limit.

The credit-to-debt ratio (or credit utilization) is calculated like this: Debt Used ÷ by Available Credit x 100 = Debt Load

So if I'm carrying a \$1,200 balance on a credit card with a limit of \$2,000 my calculation looks like this: \$1,200 ÷ \$2,000 x 100 = 60 per cent.

Despite the fact that I pay my balance off in full every single month, I'll get dinged on my credit score. This credit utilization thing is designed to make people carry credit limits in the stratosphere. Since you never want to come close to your limit,

you better accept all the rope lenders are willing to hand you.

Credit scores also reward you for using different types of credit: credit cards, lines of credit, loans.

Limit the amount and type of credit you use and your credit score drops. I don't use my credit cards for anything other than convenience. I don't borrow money to buy shite I don't need to impress people I don't know.

But since lenders want me to make full use of their wide range of products, they'd give me more points for using a variety of credit, which actually works

against my best interests.

Once upon a time we measured and rewarded financial sustainability. We threw that out the window when the easy-peasy credit score came along and lazy lenders didn't have to look at your character, capacity to repay, or credit history.

Quit chasing a high credit score. Focus on managing your money smartly.

For more money advice, visit Gail's website at gailvazoxlade.com



JOHANNA SCHNELLER WHAT I'M WATCHING

Beyoncé begins a crucial conversation

THE SHOW: Beyoncé's "Lemonade" (Tidal)
THE MOMENT: The home movies

Throughout Beyoncé's hour-long visual album — which apparently details her emotional journey from her discovery that her husband, Jay-Z, was unfaithful, to her decision to reconcile — there are costumes, sets, dancers. But two-thirds of the way in, when Beyoncé sits cross-legged on the floor, playing an electric piano and singing Sandcastles, those other things drop away.

In flashes, we see her in bed, glasses on, reading the paper. She kisses the wedding-ringed hand of the man beside her — Jay Z. Those images are staged, but during last few songs, we catch glimpses of candid home movies: Beyoncé and Jay-Z eating wedding cake; Beyoncé pregnant; she and Jay-Z getting I-V tattoos in honour of their daughter, Blue Ivy; at Ivy's birthday, wearing paper hats.

The last shot, in the song All Night, ("My love is stronger than

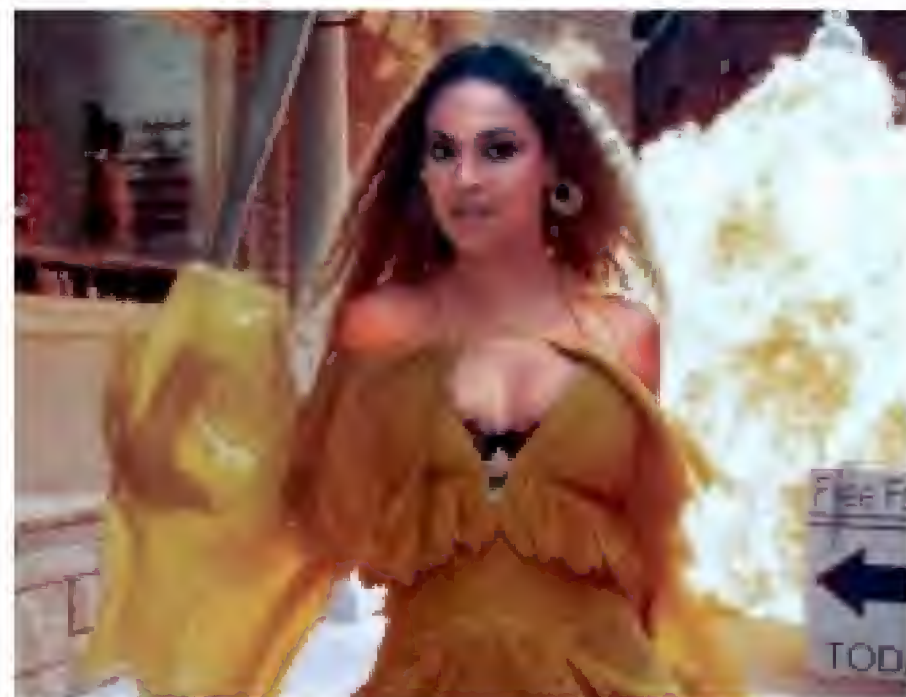
your pride"), is a home movie of Beyoncé, Jay-Z and Ivy frolicking outside. This, we are reminded, is a family.

It's been a week since Beyoncé Knowles Carter dropped her emotional bomb. What lingers?

Aside from the fact that she turned the world on to the poetry of Warsan Shire and the 1991 film *Daughters of the Dust* (the former's books sold out on Amazon mere hours after the video dropped; the latter is being reissued), it's mainly those glimpses, tucked into the tightly controlled vocals and choreography, of unscripted family life.

Many spouses cheat. Some reconcile. Beyoncé is the self-proclaimed "baddest woman in the business," but she's also a wife and mother. By owning her pain and her decisions, she's starting a conversation that needs to be had.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Beyoncé seen in the sequence for her song *Sorry* on the visual album *Lemonade*. CONTRIBUTED

Malia Obama eyes gap year before college

TRANSITION

First daughter to take year off before heading to Harvard

President Barack Obama's daughter Malia will take a year off after graduating high school in June before attending Harvard University in 2017.

"The president and Mrs. Obama announced today that their daughter Malia will attend Harvard University in the fall of 2017 as a member of the Class of 2021," said a short statement issued Sunday by first lady Michelle Obama's office. "Malia will take a gap year before beginning school."

Harvard College, where Malia would enrol, encourages admitted students to defer for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way. The student must not enrol in a program at another college that would grant them a degree.

Malia, the eldest of the Obamas' two daughters, is a 17-year-old senior at Sidwell Friends, an exclusive private school in the District of Columbia that helped educate another first daughter, Chelsea Clinton, in the 1990s. Malia's younger sister, Sasha, 14, is a freshman at Sidwell. Malia is set to graduate high school in June. She turns 18 on the Fourth of July.

Obama has spoken publicly about dreading the day when Malia leaves for college, and the decision for Malia to take a gap year could keep her closer to home as her family prepares for another major transition next year, leaving the White



President Barack Obama and daughter Malia make their way to board Air Force One last month. Obama has said he isn't ready for Malia to leave the nest. "She's one of my best friends," he told Ellen DeGeneres during an appearance on her talk show. GETTY IMAGES

House and returning to normal life. Obama plans to live in Washington for a few more years so Sasha can finish high school. He still owns a home in Chicago.

The first lady has said Malia wants to be a filmmaker. Malia spent last summer in New York City interning on the set of HBO's *Girls*, starring Lena Dunham. She spent the summer of 2014 in California working as a production assistant on *Extant*, a now-cancelled CBS sci-fi drama that starred Halle Berry. Malia has also had internships at the Smithsonian's National Zoo in Washington.

The president turned down an invitation to speak at Malia's Sidwell graduation because he will be too emotional.

"I'm going to be sitting there with dark glass, sobbing," he told Ellen DeGeneres during an appearance on her talk show.

Obama grew up without his

father, who was born in Kenya and is now deceased, and has spoken of his desire to be there for his kids. The bond between Obama and his children was readily apparent, as he often was seen holding hands with either daughter getting on or off the presidential aircraft or on the family's walks through Lafayette Park to attend services at St. John's Episcopal Church.

Malia joined her father earlier this month on a three-day trip that started at the University of Chicago Law School, where he once taught constitutional law, to discuss his stalled nomination of Judge Merrick Garland to the U.S. Supreme Court. From Chicago, they flew to Los Angeles and San Francisco, where the president attended fundraisers and played golf.

"Both of my daughters are wonderful people. Malia's more than ready to leave but I'm not

ready for her to leave," Obama told DeGeneres.

"She's one of my best friends. It's going to be hard for me not to have her around all the time, but she's ready to go. She's just a really smart, capable person and she's ready to make her own way."

Malia visited at least a dozen public and private colleges during her search, mostly on the East Coast. Six of the eight Ivies were among them, including her parents' alma maters.

The president is a 1983 graduate of Columbia University, and Mrs. Obama graduated from Princeton in 1985. The president and first lady earned law degrees at Harvard.

Malia also checked out the University of California, Berkeley; Stanford; New York University; the University of Pennsylvania; Barnard; Tufts; Brown; Yale and Wesleyan.

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RELEASE

Arctic Comics celebrates Northern legends

It was one of the most successful cultural exports from the North since someone suggested southerners might like those little carvings.

Thirty years after amazing and entertaining audiences at Expo 86, Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back.

"There's no shortage of stories up here," said Nicholas Burns, one of the artists behind the 88-page, full-colour comic book being published this month.

The first Arctic Comics began almost as a lark when the Northwest Territories government realized it would need northern material to sell at its pavilion at Vancouver's world party.

"I put in a proposal saying I'll do up this comic and do up stories of Inuit past, present and future and they thought it was a great idea," said Burns, who was then living in Rankin Inlet, now part of Nunavut. "I essentially self-published and sent them down and they sold like hotcakes."

The N.W.T. pavilion turned out to be one of the hits of the fair. Eager visitors snapped up 60,000 copies of Arctic Comics. "It was round-the-block lineups all the time."

The plan was to do it again for Expo 92 in Seville, Spain. But the team missed the publication window and Arctic Comics languished.

Until now.

With the same past, present and future focus as the original, the new Arctic Comics features a trip with a legendary Inuit Ulysses in Kiviuk versus Big

Bee. The fantastical adventure of the long-ago traveller, drawn from Inuit myth, was written by the late Jose Kusugakm, one of the founders of Nunavut, and illustrated by Germaine Arnaktauyok, who drew the drum dancer on the back of a special-edition toonie.

There's a romp entitled *The Great Slo-Pitch Massacre* and a science-fiction yarn called *Blizzard House* — aficionados will recognize artist George Freeman who drew Captain Canuck.

THE CANADIAN PRESS

It's time to act on mental health

CMHA CAMPAIGN

Association wants to turn awareness into action

Jason Menard

This year marks the 65th anniversary of Canadian Mental Health Week. But instead of considering retirement, the week is more relevant than it ever has been — and this year's focus on the senior age group is reflective of the growing need for awareness and understanding.

"In the early days, Canadian Mental Health Week focused on serious and persistent mental illness," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "We're broadening the perspective of the continuum of mental health. This is

why we chose seniors as the main theme for this year's campaign. If you are a senior with mental health issues, it's much harder to deal with them. They have internalized stigma about mental illness and they have to deal with their peers and their own attitudes and behaviours."

One in five Canadians has some form of mental illness, Dr. Smith explained. And while that number is dramatic in its own right, the prevalence is even greater within the senior community.

"If the ratio is one in five amongst Canadians as a whole, with seniors it's one in four. But they're less likely to come

forward and discuss this with their general practitioner or their friends because of that internalized stigma," Dr. Smith explained. "They have more of the natural triggers and stressors —

they're at the age where they're experiencing loss, such as the loss of loved ones; and they have existential issues, like dealing with retirement and their own

1 in 5

One in five Canadians has some form of mental illness.



Seniors are more likely to struggle with mental illness due to internalized stigma. iStock

mortality."

Canadian Mental Health Week runs from May 2 through May 8 and features events and activities across hundreds of communities, including art shows, film screenings, seminars, and

awareness walks designed to provide Canadians with information, resources, and tools to stay mentally and physically healthy all year.

Not only does this year mark the 65th anniversary of Can-

adian Mental Health Week, but 2016 sees the 100th anniversary of the Canadian Mental Health Association. The goal is to put awareness into action.

"As the World Health Organization says, without men-

tal health there is no health. We're working towards a full year where we're focusing on raising awareness of diagnosed mental illness," he said. "Our goal is to move this from talking about it to acting upon it. That's why the theme is 'Get Loud.' We want to see workplaces embrace it. Our goal is to have practical tools being used. A growing number of organizations are proactively getting loud about mental health. You're going to see venues like the CN Tower and Niagara Falls turning green in support of Mental Health Week."

"The focus is on practical solutions. Canada is one of the lowest when it comes to our proportion of health care funding going towards mental illness amongst G8 nations. We would never have a society that's happy with hospital wait times being amongst the lowest in the G8, so we shouldn't be satisfied with our mental health performance. If we're talking one in five people, then everyone's affected. We have to make practical changes."

For more information on Canadian Mental Health Week, visit mentalhealthweek.cmha.ca.

MIND YOUR MIND

Youth lead in sharing and caring

Youth are leading the way in regards to changing attitudes towards and acceptance of mental health issues amongst their own demographic. And while there is still much that can be done to support youth with mental health issues, there's a strong foundation of support created by the community itself.

"Youth often reach out to each other and learn from peers who have gone through similar situations," explained Melissa Taylor-Gates, program manager at mindyourmind.ca. "They work together and build solutions together — it very much speaks to the resiliency of youth."

Mindyourmind is a non-profit mental health program encouraging youth, emerging adults, and the professionals who serve them to co-develop reliable and relevant resources, with the goals of reducing the stigma associated with mental illness and increasing access and use of community support mechanisms.

It's all part of an attitudinal shift that sees Canada's youth leading the way in acceptance, understanding, and support of mental health issues.

"It's almost like gay rights — if you go to a high school today, they'll say, 'What's the big deal?' But if you went to a high school



Young Canadians are at the forefront of a shift in attitudes towards mental health. iStock

in my grandparents' day it was a big deal," added Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Today's generation are growing up with much more awareness. There are special programs in schools to help deal with this."

Taylor-Gates pointed to youth supports in schools like quiet rooms, animal therapy, and other techniques to help students address mental health issues. However, these are not uniform and she added there's a need for increased funding and staffing of these efforts.

"In post-secondary, you can go to get mental health support

during a particularly stressful semester, only to find out that you're on a one-month waiting list," she explained. "By then your semester may be over, or how do you know you'll still need support then?"

This can be compounded by youth slipping through the cracks as they transition from youth services to adulthood. "A lot of people get dropped or they're not ready for the transition," she added. "The system is not working for them in the way they need. And there are often financial barriers that prevent people from getting support."

For youth looking for support, Taylor-Gates said [mindyourmind](http://mindyourmind.ca) is a great place to start, also referencing services like Kids Help Phone, which provides 24/7 support for youth through to young adulthood.

"We have a whole section about getting help — how to seek help, who to speak with, how to get ready for an appointment because that can be stressful if it's your first time," she said, adding that [mindyourmind](http://mindyourmind.ca) has a mobile app called Be Safe, which is currently supported in Ontario but will soon be extended out of province.

For more information, visit mindyourmind.ca. JASON MENARD

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK | MAY 2-8, 2016

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Jennifer Jones beat Rachel Homan 7-5 in the women's final at the Champions Cup Grand Slam of Curling event

Bison becomes a Saint

NFL

Onyemata the first Manitoba player to be taken in draft

It's back to football for David Onyemata.

After months of testing and not knowing where he'd be playing next, the Manitoba Bisons defensive lineman was taken in the fourth round, No. 120 overall, by the New Orleans Saints in the NFL draft Saturday.

Onyemata was the lone Canadian drafted.

"It's good to know now where I'll be going," Onyemata said via telephone shortly after being selected. "It's been different (the last few months) having to think about so many things."

"It's back to football now."

Onyemata was golfing with friends when he got the call from the Saints.

"It was my first time golfing so that was the funny thing," he said. "It was kind of a struggle early but once I got that phone call, I started hitting the ball really good."

Saturday was a historic day for the six-foot-three, 300-pound Onyemata, who became the first Manitoba player ever drafted by an NFL squad. He's also the fourth Canadian univer-

sity performer selected in eight years, joining McGill offensive tackle Laurent Duvernay-Tardif (sixth round, Kansas City, 2014), defensive linemen Akiem Hicks of the Regina Rams (third round, New Orleans, 2012) and Vaughn Martin of the Western Mustangs (fourth round, San Diego, 2009).

The Nigerian-born Onyemata began playing football five years ago but was Canadian university football's top lineman last season. Earlier this week, he was named the top prospect for the CFL draft May 10.

Onyemata is repre-



I'm not sure he's ready to contribute today. But, wow, does this young man have some upside. NFL draft guru Mike Mayock

sented by Carter Chow, whose office also counts NFL star quarterback Tom Brady as a client.

Onyemata impressed at his pro day, registering 33 reps in the bench press, which would've been tops among defensive linemen at the NFL combine. The Saints were among 17 clubs from south of the border at the

workout.

The 23-year-old also posted a 33-inch vertical and broad jump of nine feet 11 inches.

Onyemata was projected as a fifth- or sixth-round selection.

Scouts were impressed with his "powerful frame," arm length, explosion and ability to hold his ground against power.

But they

suggested his lack of football experience was a concern, saying it might be a few years before he's ready to contribute on a regular basis. The Saints, who had the NFL's No. 31-ranked defence last year, also took Louisville defensive lineman Sheldon Ranks in the first round, 12th overall.

"He's a guy you'd say is a self-made guy," Saints head coach Sean Payton told The NFL Network regarding Onyemata. "He's one of those guys that has had to accomplish a lot to be where he's at right now."

"I know just from his training and what type of work ethic that he has, we've got a real strong vision. Initially inside in the sub-rush but we think he can play some end in the base. He's got the makeup you're looking for." THE CANADIAN PRESS

+ CANCON

A number of Canadians bypassed in the draft later signed free-agent deals, including:

- Boston College defensive lineman Mehdi Abdesmad of Montreal (Tennessee)
- Iowa receiver Tevaun Smith of Toronto (Indianapolis)
- Calgary defensive back Elie Bouka of Montreal (Arizona)
- Michigan State defensive back Arjen Colquhoun (Dallas)

Defensive lineman David Onyemata, left, pictured at the last East-West Shrine game, was selected in the fourth round — 120th overall — by the New Orleans Saints in the NFL draft on Saturday.

MIKE CARLSON/GETTY IMAGES

NHL PLAYOFFS

Blues captain steers team to OT triumph

Blues captain David Backes scored off a rebound during a power play 10:58 into overtime and St. Louis beat the Dallas Stars 4-3 in Game 2 on Sunday to get even in the second-round series.

St. Louis was on its second power play of overtime after Antoine Roussel was called for interference.

Vladimir Tarasenko took a slap shot that defenceman Alex Goligoski blocked. But the Blues kept charging and

GAME 2 In Dallas



Backes scored on the rebound of Alexander Steen's shot.

The series matching the Western Conference's top two teams switches to St. Louis for Game 3 on Tuesday night.

THE ASSOCIATED PRESS

NBA PLAYOFFS

Warriors open with win over Blazers thanks to Thompson

Klay Thompson scored 37 points in another brilliant performance as fellow "Splash Brother" Stephen Curry watched injured, and the Golden State Warriors beat the Portland Trail Blazers 118-106 Sunday in the opener of the Western Conference semifinals.

Draymond Green had his second career post-season triple-double with 23 points, 13 rebounds and 11 assists for the defending champions.

THE ASSOCIATED PRESS

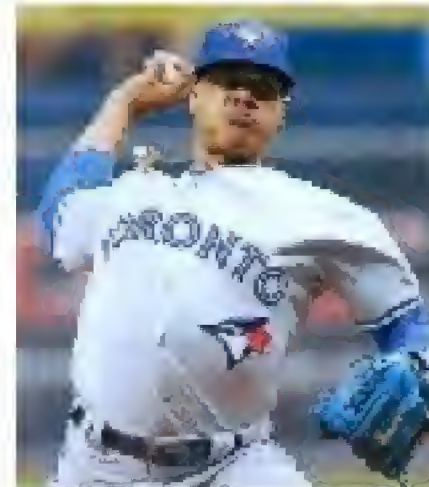
Curry's chances of playing in Game 2 are 'pretty slim'

Stephen Curry has resumed light shooting without movement on his injured right knee with the hopes he can get into scrimmages by later next week, perhaps in time to be ready for Game 3 of the Golden State Warriors' Western Conference semifinals at Portland.

Coach Steve Kerr said before Game 1 that it's "pretty slim" chances the reigning MVP would be ready for Game 2 Tuesday at Oracle Arena. THE ASSOCIATED PRESS

MLB

Jays leave Tampa with series victory



Marcus Stroman GETTY IMAGES

Marcus Stroman allowed one run in eight innings on his 25th birthday. Troy Tulowitzki hit a three-run homer during a four-run ninth and the Toronto Blue Jays beat the Tampa Bay Rays 5-1 on Sunday.

The Blue Jays took two of three to win just their fourth series in their last 27 trips to Tropicana Field.

Stroman (4-0) struck out nine and improved to 8-0 in 10 starts since returning from knee surgery last year. THE ASSOCIATED PRESS

RECIPE Zucchini Noodles with Sesame Almond Sauce



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada



- 3 small zucchinis, spiralized or ribboned
- ½ cup green onions, thinly sliced
- ¼ cup cilantro, chopped

Directions

1. Whisk together the nut butter, soy sauce, sugar, sesame oil, lime juice and water until everything is well combined. Taste before adding salt and pepper. Stir in nuts.
2. In a large pan, warm up the vegetable oil. Add the zucchini noodles and toss around over the heat for a minute or two. You're just warming them up and softening them ever so slightly. Turn off the heat and pour your sauce over top. Toss until all the noodles are coated.
3. Serve in bowls and top with green onions and cilantro.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

You can make "zoodles" with a fancy spiralizer but if you don't have one, no worries. Grab a vegetable peeler and make ribbons from your zucchini instead.

Ready in

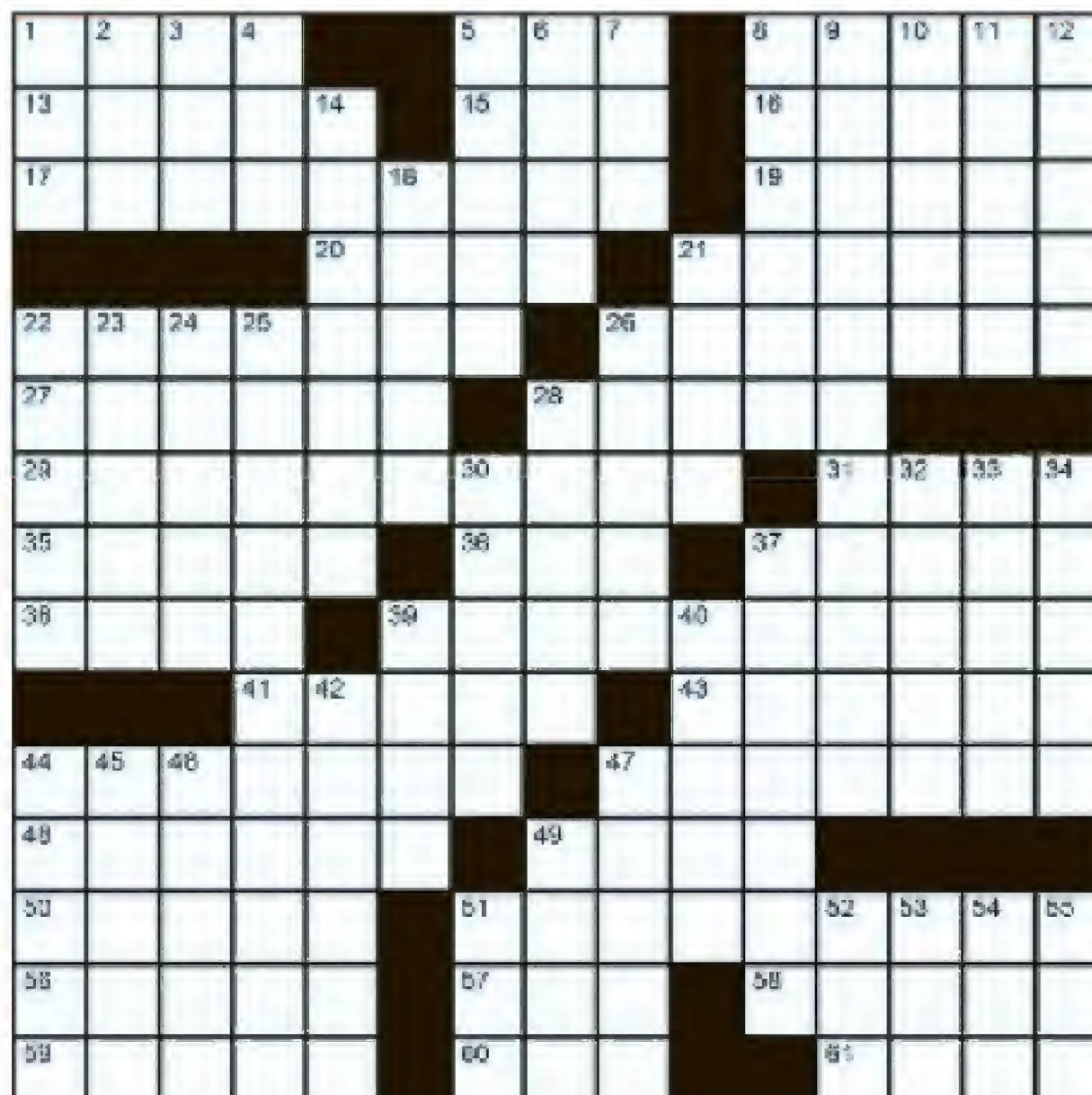
Prep time: 15 minutes
Total time: 20 minutes

Ingredients

- ½ cup smooth almond or peanut butter
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1 tsp sesame oil
- 1 Tbsp lime juice
- 2 Tbsp water
- salt and pepper to taste
- ¼ cup almonds or peanuts, chopped fine
- 1 Tbsp vegetable oil

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Nile wader
5. Mila Kunis' hubby ...his initials=sharers
8. Helps the wrong-doer
13. Lifeboat lowering crane
15. Mr. Bachman
16. Space: Major and Minor
17. Niche market offering
19. Gambles
20. Singer, Jason _
21. People/organizations
22. California newspaper, commonly: 2 wds.
26. "Quentin _ M.P." (Vintage CBC show starring Gordon Pinsent)
27. Mythical handsome guy
28. Mythical season goddesses
29. 2016's theme, as per #37-Down... Manus x Machina: Fashion in an Age of _
31. Sci-Fi speed
35. Songwriter Ms. DioGuardi's
36. Sundial number
37. Tyler Perry character
38. "Superman" (1948) star Kirk
39. Bride's aisle decorations: 2 wds.
41. Faze
43. Listed, say
44. Dental complaint
47. Ungrateful one
48. Persists
49. Gull-like bird

50. Seaport of Israel
51. Movie ticket purchaser's request: 2 wds.
56. Upward
57. Blueberry dessert
58. Detest
59. Strained
60. "Vaseline" gr.
61. Folk tale character

acter Ali

DOWN

1. Egos and _
2. Bread roll variety
3. 'Impress' suffix
4. As written
5. Sky's supporter
6. Edmonton Oilers owner Daryl

7. Fox's characteristic
8. Member of Canadian superheroes team Alpha Flight aka Jeanne-Marie Beaubier
9. Town in Nova Scotia that sounds like a Simon & Garfunkel tune
10. Mother in Eugene

- O'Neill's play Ah, Wilderness!
11. Reserved
12. Snake's snarls
14. Shania Twain's hometown in northern Ontario
18. "You _ Beautiful" by Joe Cocker
21. Entomb

22. Mechanic on "Taxi"
23. "Let's Make _ _"
24. "I'm not going _ _" (This is happy news, so I'll smile instead)
25. How a suspect is escorted to the police car: 2 wds.
26. Stray calf, variantly
28. Raise
30. CFL-ers in BC
32. "Battlestar Galactica" commander
33. Rent again
34. _ _ deux (Duet's dance)
37. Celebrity costume-inspired fashion event in New York City each Spring: 2 wds.
39. Mr. Tamblyn of "West Side Story" (1961)
40. Betty Grable, famously
42. Get the drink to fizz
44. Nirvana-attaining Buddhist
45. Bluesy street in Memphis, Tennessee
46. Offshoot
47. Michael McDonald's _ _ "Forgettin'" (Every Time You're Near)
49. Vexed state
51. Photo _ (PR events)
52. Rellux
53. "Hunting High and Low" '80s band
54. Bawl
55. Baseball pitcher's stat.

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Doubts you have this morning will fade away by the afternoon when you see how something actually can be done. Whew!

Taurus April 21 - May 21
This morning you don't have the funds or the support from others that you need. Then later in the day, voila! Your solution appears!

Gemini May 22 - June 21
Don't be discouraged if authority figures rain on your parade this morning. Later, you will find a way to do things anyway. (Count on this.)

Cancer June 22 - July 23
Avoid important discussions with partners, parents and bosses this morning. Their response will be, "Talk to the hand." Later in the day, though, things are much better.

Leo July 24 - Aug. 23
You might be disappointed by your share of something this morning. Things might look bleak. Fear not, because later in the day, you see how to improve matters.

Virgo Aug. 24 - Sept. 23
Dealings with others won't be easy this morning. Avoid domestic arguments, especially with older relatives. (Fortunately, this day improves as it wears on.)

Libra Sept. 24 - Oct. 23
This morning is a poor time to talk to bosses or to ask for permission at work. However, if you wait until the afternoon, you might get your way. Timing is everything.

Scorpio Oct. 24 - Nov. 22
Children will be an increased responsibility this morning. Just suck it up, because it's a fact that burdens and responsibilities are part of this picture. Later in the day, life is easier.

Sagittarius Nov. 23 - Dec. 21
Avoid important discussions with family members this morning, especially females. People are grouchy. However, you will see ways to make home improvements later in the day.

Capricorn Dec. 22 - Jan. 20
Don't listen to your worries this morning. Things are not as bad as they seem. In fact, by the afternoon, you will see ways to improve many things around you.

Aquarius Jan. 21 - Feb. 19
You might feel broke this morning. (Join the club; we number in the millions.) Late in the day, you will see new ways to make money or new uses for something you already own.

Pisces Feb. 20 - March 20
Discussions with authority figures first thing this morning are a bad idea. Avoid parents, bosses and teachers if you can. Later, a powerful friend might help you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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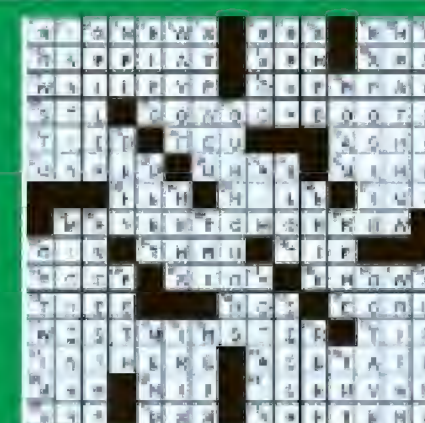
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RECYCLE SOMETHING NEW

When you're finished
putting ketchup on
everything you eat,
do you throw it
in the blue bin?




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